

TEAM INFO #4

2019-03-16 at 08.40

Course opening times	Courses	Remarks	Coaches					Athletes		
			COOP COURSE 1	COOP COURSE 2	COOP COURSE 3	COOP START FINISH	COOP STAFF	COOP ATHLETE	COOP WARM UP	COOP RACE BIB
			Course 1	Course 2	Course 3	Start/Finish	Staff	Training	Warm-up	Race bib
Saturday 16/03/2019										
09:30 - 11:45	Test loop in the stadium			X					X	
11:35 - 11:45	Course open	Only ladies. It is possible to ski to the start (course direction only)							X	
12:00 - Qualification Ladies Sprint F	Sprint course									X
12:20 - 12:30	Course open	Only men. It is possible to ski to the start (course direction only)							X	
12:40 Qualification Men Sprint F	Sprint course									X
13:05 - 14:25	Test loop in the stadium			X						X
14:10 - 14:20	Course open	Only for qualified athletes. It is possible to ski to the start (course direction only)								X
14:30 - Sprint Finals Ladies /Men's Sprint F	Sprint course									X
18:00 TCM	TCM Lugnet university									X

5km course is groomed and open for training all day.

Recreational tracks 4km, 5km, 10km and 15km are groomed with 1 classic track and skate. Access from skitest area at top of stadium

The organizer of Svenska Skidspeleln wishes you all heartly welcome to **Falun!**